

# The 9-Point Meditation on Death

- The three root contemplations:
  1. It is certain that we will die
  2. It is uncertain when we will die
  3. At the time of death, only Dharma helps
- Nine reasons (3 for each of the 3 roots)
- Three decisions (one at the end of each root)

# Third Root: At the Time of Death, Nothing But Dharma Helps

The three reasons:

A. We cannot take our family and friends

B. We cannot take our possessions

C. We cannot take our body

Decision: I must practice the Dharma without falling under the influence of my body, friends, possessions, and so on.

# Other Ways to be Mindful of Death

- Doing breathing meditation with the awareness that each breath could be one's last.
- When hearing of or observing another's death, reflect that one day it will happen to me.
- Contemplating a corpse decomposing and comparing one's own body to that.
- *Mindfully Facing Disease and Death* by Bhikkhu Anālayo (Windhorse).
- *Mind of Clear Light* by the Dalai Lama (Atria; a.k.a. *Advice on Dying and Living a Better Life*).

# Benefits of Contemplating the Sufferings of Lower Rebirths

- Overcoming pride and arrogance
- Being careful to avoid bad actions & downfalls
- Taking joy in accomplishing virtue
- Compassion for others will arise
- You will strive for liberation
- You will fervently go for refuge